

# What Happens in the Kitchen ...



By Chef Lance  
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As a Personal Chef, I have had the joy, responsibility and privilege to design and prepare food in a number of client's homes. Creating a Dinner Party and attending to all the related details or cooking them their daily meals has led me to some observations about food and our relationship to it. The most important thing to remember is, it's not about the food!

When people host a Dinner, it usually is in celebration of one of life's events. We celebrate a Holiday, a birthday or an Anniversary as family and friends. These are good times designed to create family memories. We remember the people first and, if the food is good, we remember that too.

My goal as a Personal Chef is for my clients to enjoy their friends and family first; and second, to have the confidence that when the food is put out for those they care about, that it reflects the quality of life they wish to share with them.

Nutrition comes to my mind next as I work with food. It is my heartfelt desire to see my clients eat healthy, delicious food. I continue to read as much as I can to keep up with all the content that is available. In the interest of NOT boring you, let me just say that we all need to be more conscious of what and how we eat. For some of us, this is more of a subject of concern than others.

As a Personal Chef, I have the opportunity to introduce the best recipes and choices I know about to my clients. This is a very satisfying aspect of the work I do. I truly love and enjoy my time in the kitchen because I see myself as helping families have a great visit with each other. If your family is anything like mine, it's not always easy to get everyone together! So, just remember, the recipe is not complete until you add your friends and family. You create the memories; I'll create the delicious meal!

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